

Empowering Bodies Personal Training!

"Let me help Empower your mind and body to a healthier lifestyle!" "I will motivate, encourage, and educate YOU to meet your fitness goals."Welcome to EMPOWERING BODIES! Thank you for taking the first step toward your fitness goals. My primary focus is to help you to achieve a successful, healthy lifestyle. Are you frustrated from lack of weight loss? Do you lack motivation or are you just bored of your current workouts? Maybe you would like to improve your cardiovascular endurance and increase muscle mass, increase bone density or just looking for something new and creative. You've come to the right place!

Empowering Bodies offers customized fitness programs and nutritional counseling in a private studio located in Tempe, Arizona. A wide variety of training methods are utilized to create maximum results. The workouts are fun, creative and change continuously. I will provide you with constant motivation to help you achieve your goals. What is stopping you? Call Today 602-670-6308 Contact Kathy at (602) 670-6308 or by email at kathy@empoweringbodies.com for information about personal training packages and associated costs.Boot Camp Classes!\$15 per class
Monday through Thursday starting at 7:00pm
Saturday's at 7:00am and 8:30am